

Exhibit 13

hope & help



IMPORTANT ANNOUNCEMENT

*For Gender-Affirming
Care (GAC) Patients*

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hopeandhelpinc With heavy hearts, we announce that Hope & Help will no longer offer gender-affirming care. We understand the stressful impact of this change and are committed to supporting our current GAC patients through the transition. Over the next 4–6 weeks, our clinicians will schedule referral appointments and provide resources for continued care. This process will conclude by March 31, 2025. We appreciate your trust and remain dedicated to serving our community. The clinic is deeply saddened by this transition and we hope to see change in the future.

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